

Respiratory Etiquette

Follow these tips to help prevent COVID-19 spread in our schools

1

Cough or Sneeze Into a Tissue

Using a tissue will help to keep germs off your hands and lower your risk of spreading illness to others.



2

... Or Your Bent Elbow/Sleeve

If a tissue is not available, cough or sneeze into your bent elbow or sleeve to keep your hands free of germs.



3

Toss Used Tissues ASAP

Find a wastebasket and throw away your used tissues immediately to ensure that surfaces that others touch do not become contaminated.



4

Perform Hand Hygiene

After coughing or sneezing, wash your hands with soap and water or hand sanitizer (at least 70%) for at least 20 seconds.



5

Mask Up

COVID-19 spreads mainly from person to person through respiratory droplets. When you wear a mask, you protect others as well as yourself.



6

Space Apart

When possible, sit as far away from others as you can. The farther away you are from someone coughing or sneezing, the farther you will be from any respiratory droplets.



7

Stay Home If You're Ill

If you're coughing or sneezing - or showing any other sign of respiratory illnesses - please stay home. Also remain home if you had close contact with someone who was ill.

